

This Career Pathway Plan of Study can serve as a guide. Courses listed within this plan are only recommended coursework and should be individualized to meet your educational and career goals.



NH High Schools ➡ Manchester Community College – Exercise Science

Career Pathway Plan of Study for ► Learners ► Parents ► Counselors ► Teachers/Faculty

Bold – Prerequisite for College Success
Black – High School Requirement

Bold & Underlined – Articulated Credit
Italic – Imbedded Academic Core Credit

BOLD, UNDERLINED & ALL CAPITALS -
Transcripted Dual Enrollment Credit

	Grade	English/ Language Arts	Math	Science	Social Studies /Sciences	Other Required Courses (R) Recommended Electives (E)	*Career and Technical Courses and/or Degree Major Courses	SAMPLE Occupations Relating to This Pathway
S E C O N D A R Y	9	English	Algebra 1 (3 math cr, including algebra credit that can be earned through a sequential, integrated or applied program)	Physical Science	World History, Global Studies, or Geography ½ cr	Information & Communications Technologies ½ cr or demonstrated proficiency (R) Physical Education 1 cr		► Corporate Fitness Specialist ► Group Exercise Leader ► Health & Fitness Specialist ► Personal Training & Fitness Director ► Strength & Conditioning Coach
	10	English	Geometry	Biology	Economics ½ cr US & NH Government/Civi cs ½ cr	Arts Education ½ cr (R) Health Education ½ cr (R)		
	11	English	Algebra 2	Chemistry	US & NH History 1 cr	6 open electives	Health Science Technologies 1	
	12	English					HEALTH SCIENCE TECHNOLOGIES 2	
P O S T S E C O N D A R Y	Associate in Science Degree: Exercise Science							*Notes: Senior Math highly recommended Dual Enrollment Options: Introduction to Exercise Science
	13	College Composition 1	College Algebra 1	Anatomy & Physiology 1& 2	Social Science Elective	Microsoft Computer Applications (R) College Success Seminar (R)	INTRODUCTION TO EXERCISE SCIENCE Nutrition Physiology of Exercise Science Resistance Training Essentials	
	14	English Elective				Business, Math, Allied Health or Science Elective (R) Foreign Language/Humanities/Fine Arts Elective (R)	Health Fitness Assessment & Programming Advanced Physiology of Exercise Kinesiology Group Exercise Leadership Physical Activity & Aging Exercise Science Internship Injury Prevention & Post-Rehabilitative Exercise	
	Industry Certifications Available: Certified Personal Trainer through American Council on Exercise, American College of Sports Medicine and National Strength & Conditioning Association. Certified Group Exercise Leader through American Council on Exercise.							